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CYLING HILLS - HOW TO CYCLE HILL CLIMBS EASIER AND QUICKER WITH LESS PAIN

James Harman

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Hi my name is James Harman, I am an experienced road cyclist and I wanted to share with you all some advice on how to make you a better hill climber on your bike. This book has a proven step-by-step system to enable you to climb hills better whilst improving your overall cycling fitness.

We have all had that dreaded moment when the rest of the group slowly pulls away up the hill in front and you are left behind grinding out what feels a horrendous gear. Your thighs are burning, your lungs are struggling to get enough air quick enough and everything feels painful and frankly demoralizing.
In this book I am going to talk about what makes it easier for you to climb hills on your bike and how to climb hills quicker. I will also talk about strategies when group riding to help you stay within the group when the gradient starts to kick up, without you being left far behind, hopelessly trying to claw back any gap between you and the rider in front.
This book is going to cover, what training you should be doing, to help with fitness, power and to mentally strengthen you for a climb. It is also going to over what gearing you should be using and what gears you should be in when climbing. On top of this it is going to show you why so many people hate hills and how to mentally prepare yourself for the task ahead. Lastly I am going to talk about different strategies to help you climb better and quicker.

This teaches you the fundamentals and principles of:

- Cadence
- Cycling Fitness
- Weight Loss
- Gear Selection
- Mental Stregth
- Cycling strategies

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